Reasonable Recipes

Jolly Good Salts

PALMER, MANN & CO. LTD.
SIFTA SALT WORKS, SANDBACH, CHESHIRE

Recipe No. 1 AN EGGLESS COATING FOR FISH FRYING

Mix two teaspoonsful unsweetened custard powder with two tablespoonsful cold water. Coat fish with seasoned flour and brush evenly with the blended custard powder. Coat with dry breadcrumbs and fry in usual way. This recipe can be used for all frying where " egg and crumb " coating was formerly used and gives same attractive finish.

Recipe No. 2 ONION AND SUGAR ECONOMY

ONIONS: Save the brown outside skins of onions, dry them in warm oven until quite crisp, and rub down to a fairly fine powder. Store in covered bottle and use as required for flavouring gravies, soups, etc.

SUGAR: Add a pinch of bicarbonate of soda when stewing very acid fruit to neutralise the acid and make less sugar necessary.

Recipe No. 3 AN ECONOMICAL MEAT DISH

Take ½ lb. fresh imported brisket of beef and cut into slices about ¼ in. thick. Slice 2 carrots, 2 potatoes, 1 onion, a stick of celery and arrange in layers in casserole dish with the beef, seasoning and a teaspoonful fresh chopped herbs. Finish with layer of potatoes. Half cover with vegetable stock and bake in moderate oven until meat is tender.

Recipe No. 4 " MOCK FISH "

When fish is scarce try making these appetising mock fish cakes for breakfast or supper.

Mix equal quantities of finely mashed potatoes and rather thick creamy semolina. Flavour with anchovy essence, and season liberally with pepper and **A1** Cooking Salt. When cold, form into flat cakes, coat with flour, and fry in a little hot fat until crisp and golden brown. Serve

Recipe No. 5 HOT DISH WITH " POINTS " MEAT

Slice 2 carrots, 1 stick celery and one leek into a saucepan. Add ¼ teaspoonful mixed herbs, seasoning, and ½ pint good brown gravy sauce. Simmer gently until vegetables are cooked. Add ½ lb. sliced meat and heat gently for 10 minutes before serving.

Recipe No. 6 TO ENRICH EGGLESS CAKES AND PUDDINGS

For steamed puddings, batters and plain cakes, mix 1 tablespoonful of custard powder, with every lb. of flour. They will look and taste better. For custard milk puddings, blend 1 tablespoonful of custard powder with ¼ pint of water; mix in ¾ pint milk, or milk and water, then add Mock-rice, macaroni, etc., and bake in the usual way.

Recipe No. 7 NICELY BOILED POTATOES

Sometimes they break up or turn dark. To prevent this gently cook in just enough water to cover, and when almost done, drain off and cover with a folded tea-cloth. Replace saucepan over smallest heat, leave them to finish in their own steam. Potatoes which turn dark should have 1 dessertspoonful of vinegar added to the water.

Recipe No. 8 PIES FOR PACKED MEALS

Make ½ lb. short pastry, roll out, cut in circles and line small pie tins. Mince or chop 6 ozs. cold meat, 1 carrot and a small piece of leek or onion. Bind together with a little brown gravy, season well. Fill into pastry cases. Cover with pastry and bake in a quick oven for 20 minutes.

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Recipe No. 9 SALAD DRESSING WITHOUT EGGS

Melt 3 oz. cooking margarine in a saucepan; add ¾ oz. flour and mix to a smooth paste; add **A1** Cooking Salt and pepper. Stir in slowly ¼ pint milk and ¼ pint vegetable liquor. Stir until boiling and simmer for 3 minutes. Cool, then add a tablespoonful melted margarine and vinegar to taste.

Recipe No. 10 GREEN SALAD FOR VITAMINS AND MINERALS

Wash in salt water 1 lettuce, 1 bunch watercress, 4 dandelion leaves and a little mustard and cress. Drain thoroughly. Shred lettuce and dandelion, mix in mustard and cress, and watercress. Salt and pepper lightly and dress with vinegar and salad oil. Decorate with sliced beetroot, tomatoes and mustard and cress.

Recipe No. 11 TO PRESERVE RUNNER BEANS

String some young, fresh beans, and slice them as for boiling. Put alternate layers of **A1** Cooking Salt and beans in clean screw-top jars, using 1 lb. salt to every 3 lbs. beans. Commence and finish with a thick layer of salt. Cover and store in a cool place. To use the beans, wash them thoroughly in cold water, soak for two hours, and cook in boiling, unsalted water for 30 minutes. To be assured of good results, be careful to use only young beans and be unsparing with salt.

Recipe No. 12 FISH SALAD

Flake 1 lb. cooked cold fish and add to it ½ gill picked shrimps or ½ a small tin of salmon. Season well and add a teaspoonful of chopped chives. Bind together with a little salad dressing (as No. 9) and form into a neat shape on a flat dish. Coat with mayonnaise and arrange green salad, tomatoes, beetroot and radish round the dish.

Recipe No. 13 TO PRESERVE TOMATOES

Wipe the tomatoes with a damp cloth. Pack them either whole, quartered or sliced, in jars. Add 1 teaspoonful of **A1** Cooking Salt for each pound of tomatoes. Cover to the brim with water, and cover with rubber rings, metal covers and clips, sterilise in water at 190° Fah. for 30 mins. Leave for twelve hours. Test for seal and store in cool place.

Recipe No. 14 POTATO RISSOLES

Mix some cold, well seasoned cooked meat to a firm paste with a little thick gravy. Roll it into small neat cork shapes coat each with mashed potato, dip in egg and crumb coating and fry quickly in smoking hot fat or bake in a quick oven. Serve with gravy.

Recipe No. 15 SAVOURY CHEESE AND POTATO BALLS

To ½ lb. cooked potato, add a tablespoonful of grated cheese, a teaspoonful of chopped parsley and a teaspoonful finely grated raw onion. Season well. Shape into small balls, coat in egg and crumb coating and fry in smoking hot fat until golden brown, or bake in a quick oven.

Recipe No. 16 PARSNIPS WITH BEEF

Peel and slice some parsnips. Par-boil them in boiling salted water. Drain off the water and dry them thoroughly. Finish cooking by roasting them under the joint, keeping them well basted until they are golden brown.

Recipe No. 17 ARTICHOKE SOUP FOR COLD DAYS

Mince 1½ lb. peeled artichokes, 1 onion and a stick of celery, add seasoning and 1½ pints of vegetable liquor. Simmer for about half an hour. Add one ounce of flour blended with ½ pint household milk. Stir until boiling, then simmer for three minutes. Serve piping hot.

Recipe No. 18

RABBIT FRICASSEE

Put the jointed rabbit in a pan with a sliced onion and carrot. Add a bunch of herbs, seasoning and ¾ pint vegetable liquor. Simmer until tender. Strain off the stock. Make a good white sauce with 2 oz. flour, 1½ oz. margarine, ½ pint milk and the stock. Add rabbit, vegetables and reheat.

Recipe No. 19 **THE END OF THE WEEK-END JOINT**

Mince together 4 oz. cold meat, one small onion and one carrot. Add seasoning and Worcester sauce to taste, a good teaspoonful flour, and ½ gill of vegetable liquor or thin gravy. Stir continuously until the mixture boils, then simmer gently for three minutes. Serve with mashed potato and green vegetable.

Recipe No. 20 **FISH CUTLETS**

Flake finely ½ lb. of any cooked white fish. Add 2 oz. grated cheese, seasoning, 3 teaspoonsful chopped parsley and enough thick white sauce to mix to a firm paste. Shape into cutlets, coat with egg or milk and dry bread crumbs. Bake in a hot oven for 15 minutes or fry in a little smoking hot fat.

Recipe No. 21 **SALAD DRESSING**

Put two reconstituted dried eggs into a basin and 1 teaspoonful mustard, ½ teaspoonful sugar, **A1** Cooking Salt and pepper, 4 tablespoonsful vinegar and 1 oz. margarine. Stir over hot water until mixture thickens. Thin with milk.

Recipe No. 22 **PICKLED WALNUTS**

Prick thoroughly small green walnuts before covering with strong cold brine (4 oz. **A1** Cooking Salt to each quart water). Stir 2 or 3 times daily. Change brine every other day for 9 days. Drain and spread nuts on racks or dishes and expose to light until black. Pack in jars. Well cover with pickling vinegar. Cover and store in cool dry place. Leave 3 months before using.

Recipe No. 23

PICKLED SHALLOTS

Soak 6 lbs. shallots and 12 cloves for 24 hours in brine (1 lb. **A1** Cooking Salt dissolved in one gallon water). Strain. Remove skins and dry the shallots. Pack in jars with a bay leaf, mace or chillies. Fill with pickling vinegar. Cover jars. Mature six weeks before using.

Recipe No. 24

BOTTLED TOMATOES

Wash small sound tomatoes. Pack closely in sterilised jars. Cover to brim with brine (½ oz. **A1** Cooking Salt dissolved in a quart water). Place rubber rings, covers and clips in position. Sterilise in a very moderate oven at 225-250°F. for one hour. Cool and test for seal after 12 hours.

Recipe No. 25 **SALAD AS A MAIN BREAKFAST DISH**

Wash a green leaved lettuce, a good bunch of watercress and a basket of fine cress. Dry thoroughly. Arrange in a salad bowl and serve with cheese and brown bread and butter. This is equally good for children and adults.

Recipe No. 26

BOTTLED TOMATO PULP

Roughly slice some tomatoes. Add ½ teaspoonful **A1** Cooking Salt to every 1 lb. fruit. Cook gently until reduced to pulp. Sieve. Pour into sterlised bottles. Place closures and clips in position. Sterilise in oven for one hour at 250°F. Cool and test for seal after 12 hours.

Recipe No. 27

DRIED APPLE RINGS

Peel, core and slice into rings ¼ inch thick. Drop into water containing 1½ oz. **A1** Cooking Salt to the gallon. Leave soaking 10 minutes. Dry 4-6 hours in cool oven about 150°F. or less, on trays or sticks until the texture of chamois leather. Remove from oven, leave 12 hours and store in covered jars.

Recipe No. 28

BOTTLED PLUMS

Choose sound, ripe plums. Wash, wipe and pack tightly into clean jam jars. Cover with temporary lids and cook in very moderate oven until tender. Use fruit from one jar to make good the shrinkage in others. Cover to the brim with boiling water. Place airtight closures and clips, or weights, in position immediately. Test for seal after 12 hours. Screw top preserving jars can be used if desired.

Recipe No. 29

BOTTLED DAMSONS

Choose sound ripe fruit. Wash and pack closely in sterilised jars. Cover to brim with cold water. Place rubber rings, caps and clips in position. Stand jars on folded cloth in deep pan. Cover with cold water to necks. Bring slowly to simmering point over 1¼ hours. Simmer gently 10 minutes. Cool, test for seal after 12 hours.

Recipe No. 30

SUMMER PUDDING

Line a pudding basin with slices of stale bread. Fill with sweetened stewed raspberries, currants or damsons. Put bread on top. Cover with plate and a heavy weight for 12 hours. Serve with custard.

Recipe No. 31

POTATO SCONES

To ½ lb. dry mashed potato add **A1** Cooking Salt to taste and ½ oz. melted margarine. Work in gradually about 2 oz. flour. Roll out very thin. Cut into squares. Prick with fork. Cook about 3 minutes each side on greased gridle or thick frying pan. Serve hot with jam.

Recipe No. 32 **SAVOURY STUFFING FOR CHRISTMAS**

Rub 1 oz. margarine into 4 oz. breadcrumbs. Add **A1** Cooking Salt and pepper to taste, 3 oz. sieved potato, 1 teaspoonful chopped parsley, a small chopped onion and a level dessertspoonful dried egg. Mix with cold water to a firm paste. Use for stuffing meat or bird.

Recipe No. 33 **APPLE PANCAKE**

Mix 4 oz. flour, 1 tablespoonful each dried egg and dried milk, and ¼ teaspoonful **A1** Cooking Salt. Mix to thick batter with ¼ pint cold water. Beat well. Add another ¼ pint water. Fry in thin pancakes. Turn on to hot dish. Stuff with 1-2 tablespoonsful hot apple pulp. Fold in four and serve.

Recipe No. 34

CURRIED HARICOTS

Soak and cook 4 oz. haricot beans. Fry one chopped onion in ¼ oz. dripping. Add ½ oz. flour, 2 teaspoonsful curry powder and seasoning to taste. Brown lightly. Add ½ pint bean liquor and stir until boiling, then add the beans, a grated carrot, and a teaspoonful chutney. Cook for 15 minutes in a covered pan. Serve with potatoes.

Recipe No. 35 **PEA SOUP**

Soak overnight in cold water 4 oz. dried peas, a teaspoonful of bi-carbonate soda. Strain and rinse them. Cook until tender with a large sliced potato, one or two onions, seasoning, a teaspoonful mixed herbs and 2½ pints stock or water. Sieve, re-season and thin if necessary. Re-heat before serving.

Recipe No. 36 **DINNER FOR 4**

Brown ¾-1 lb. of cut and trimmed stewing steak in about an ounce of dripping. Remove meat and keep hot in a saucepan. Fry lightly one or two sliced onions, add 1 ounce flour—cook until brown. Add ½ pint water, diced carrot and turnip. Stir until boiling—season well. Pour over meat and simmer gently until tender.

Recipe No. 37

TO PRESERVE APPLE PULP

Peel, core and quarter apples. Remove damaged parts—stew to pulp in enough water to prevent burning—fill into bottling jars—put on rubber rings, closures and clips. Place on folded cloth or paper in pan with cold water to necks—bring slowly to simmer. Simmer 10 minutes. Remove jars. Test for seal after 12 hours.

Recipe No. 38

BOTTLED BLACKBERRIES

Choose sound, ripe fruit. Wash in cold water. Pack into clean jars. Cover—cook in slow oven. Fill up each jar with cooked fruit. Put on rubber rings. Fill each jar to the brim with boiling water. Cover immediately with closures and clips. Test for seal after 12 hours, by removing clips and lifting jar by cap. The seal should stand the weight of the jar.

Recipe No. 39

GREEN TOMATO CHUTNEY

Peel and core 2 lbs. apples. Cut them up roughly with 2 lbs. green tomatoes. Add 1 oz. sliced garlic or 4 ozs. sliced shallots —boil for half an hour with 1½ pints vinegar. Cool—boil 1 lb. sugar in 1½ pints vinegar for about 10 minutes to form a good syrup—add 2 ozs **A1** Cooking Salt, 1 teaspoonful cayenne pepper 1 oz. ground ginger, 12 ozs. dried fruit—mix with tomato and apple—pass all through mincing machine—bottle and cover cold.

Recipe No. 40

PICKLED BEETROOT

Bake roots in moderate oven until tender —remove skins—slice or cut into dice—pack into clean hot jars—fill to brim with cold, spiced vinegar—cover with airtight closures. Store for several weeks before using.

SPICED VINEGAR.

To a pint of vinegar add 2½ ozs. mixed whole pickling spice, 2 or 3 Bay leaves and an ounce of **A1** Cooking Salt—bring to boiling point in a covered pan—simmer for 2 minutes. Cool and strain before using.

Recipe No. 41

PICKLED RED CABBAGES

Choose a good, firm cabbage—remove damaged leaves. Cut in quarters and remove the stalk. Wash the cabbage in cold salt water and dry thoroughly. Shred finely with a stainless steel or silver knife. Sprinkle well with **A1** Cooking Salt and leave for 24 hours, stirring occasionally. Drain thoroughly. Cover with spiced vinegar and leave for another 24 hours. Add a little chopped onion. Pack into jars—cover with vinegar and seal with air-tight closures—use within two months of making.

Recipe No. 42

PICKLED ONIONS

Choose small, ripe onions. Peel under hot water. Sprinkle with 4 ozs. dry **A1** Cooking Salt to every 2 lbs. onions. Leave for 24 hours, stirring occasionally. Drain thoroughly. Pack into clean jars and cover with cold spiced white vinegar. Seal with air-tight closures. Leave a month before using.

Recipe No. 43

PORK CASSEROLE

Fry 2 sliced onions in a little dripping. Then brown 1½ lbs. sliced pork. Keep hot in a casserole. Make a pint of brown sauce in the frying pan. Season well and pour over the meat. Add two apples prepared and quartered. Cook in a moderate oven till tender.

Recipe No. 44

SAVOURY PUDDING WITH CHRISTMAS FARE

Cut 6 ozs. bread into small dice. Add 1½ oz. medium oatmeal, an ounce suet or dripping, chopped onion, sage and seasoning. Add 1½ pints boiling milk and water. Soak for an hour. Then add 2 beaten eggs. Bake and serve like Yorkshire Pudding.

Recipe No. 45

SAVOURY SCRAMBLE

Melt an ounce of margarine. Add a tablespoonful each of grated onion and carrot. Cook until lightly browned. Add 3 tablespoonsful milk, 1 tablespoonful chopped parsley and 4 reconstituted eggs. Season well with salt and pepper. Stir over gentle heat till the egg thickens. Served on mashed potato.

Recipe No. 46

LEEK SOUP

Melt a small knob of dripping in a saucepan. Add ½ lb. potatoes and 3 lb. white part of leeks, both sliced. Season and cook slowly for five minutes without browning. Add a sprig of parsley and a pint of stock. Simmer till tender. Mash well, then boil rapidly for a few minutes. Add ¼ pint milk and reheat.

Recipe No. 47

MACARONI CHEESE

Cook 2 oz. macaroni for twenty minutes in a pint of boiling salted water. Strain. Make a white sauce with 1 oz. margarine, 1 oz. flour, ¼ pint milk and ¼ pint macaroni liquor. Add the macaroni and 2 oz. grated cheese. Sprinkle with breadcrumbs and cheese and brown in a quick oven.

Recipe No. 48

PILCHARD PIE

To a large tin of boned and mashed pilchards, add 2 beaten eggs, 1 tablespoonful each of vinegar and chopped parsley, 2 oz. breadcrumbs, seasoning and about ½ pint tomato or white sauce. Mix well. Pour into a pie dish. Sprinkle with crumbs, chopped parsley, dot with dripping and bake for half an hour in a quick oven.

Recipe No. 49

SAUSAGE MEAT RISSOLES

To 1 lb. sausage meat add 2 good tablespoonsful breadcrumbs, a little chopped fried onion, a reconstituted egg, and a teaspoonful chopped sage. Season to taste and shape into rissoles on a floured board. Coat in egg and breadcrumbs. Fry on both sides in smoking hot fat. Drain well before serving.

Recipe No. 50

GOOSEBERRY CHUTNEY

Boil together ½ lb. sugar and ½ pint vinegar to form a thick syrup. Add 2 oz. bruised mustard seed, ½ lb. finely chopped onions, ½ lb. raisins or sultanas, 1 oz. ground allspice and 2 ozs. **A1** Cooking Salt. Boil 2 lb. gooseberries until tender in another ½ pint vinegar. Mix both lots together and boil until thick. Bottle and cover tightly.

Recipe No. 51

BOTTLED RHUBARB

Choose young medium sized sticks of even thickness. Trim and wash thoroughly. Cut into equal lengths. Pack into clean jars. Cover with syrup, made by dissolving 4 oz. sugar in each pint of water. Place on rubbers, caps and clips. Stand jars on folded cloth in deep pan. Cover to necks with cold water. Bring slowly to a simmer in 1½ hours. Simmer gently for eight minutes. Cool. Test for seal after 12 hours.

Recipe No. 52

BLACKCURRANT PUREE

Stew Blackcurrants in water to quarter cover them. Add sugar to taste. Rub through sieve. Pour pulp into clean jars. Put on rubbers, closures and clips. Place jars on folded cloth or paper in a deep pan. Cover to necks with cold water. Bring slowly to a simmering point. Simmer 10 minutes. Remove jars. Cool. Test for seal after 12 hours.

Recipe No. 53

PICKLED RIDGE CUCUMBERS

Peel six cucumbers and cut them in thin slices. Skin and slice three onions thinly. Sprinkle both with **A1** Cooking Salt and leave overnight. Rinse well in cold water. Mix together. Add 1 pint vinegar ; 1 tablespoon mustard seed and ½ teaspoonful powdered alum. Pack into clean jars, taking care to cover the vegetable well with vinegar. Cover and store for a month before using.

Recipe No. 54

BOTTLED APPLE SLICES

Peel, core and quarter the apples. Drop into salted water when ready, to prevent discolouration. Pack into clean bottling jars. Cover to the brim immediately with cold water. Place rubbers, caps and clips in position. Sterilise as follows without delay :—Stand jars on folded cloth in deep pan. Cover to necks with cold water. Bring to simmering point in 1½ hours. Simmer gently for 10-15 minutes. Remove jars and cool. Test for seal after 12 hours.

Recipe No. 55

A SUBSTITUTE FOR CAPERS

Pick some green Nasturtium seeds. Soak them for 24 hours in brine made by dissolving ¼ lb. **A1** Cooking Salt in 1½ pints water. Drain and pack into small bottles. Heat through in the oven for about ten minutes. Cover with hot spiced vinegar. Finish with air-tight covers and store in a cool place.

Recipe No. 56

TOMATO COCKTAIL

Simmer together for fifteen minutes 4 cups sliced tomato, 1 cup water, ½ teaspoonful salt, ⅛ teaspoonful celery seed or 1 stick fresh celery, 2 teaspoonsful sugar, 6 cloves, 2 teaspoonsful Worcester Sauce, 2 teaspoonsful vinegar and 2 thin slices shallot. Press through a sieve or fine strainer. Cool thoroughly before serving.

Recipe No. 57

CHEESE AND TOMATO PIE

Pour half a pint of boiling milk and ½ oz. margarine over 3 oz. breadcrumbs. Leave soaking for ½ hour. Add a pound of skinned and chopped tomatoes; 1 oz. grated cheese; 3 teaspoonsful chopped parsley; 2 reconstituted eggs; salt and pepper. Bake until set. Decorate with sliced tomato and bake for a further eight minutes. Serve hot.

Recipe No. 58

A BREAKFAST DISH

Melt 1½ oz. margarine. Add 4 oz. well drained, cooked mock-rice or spaghetti and 5 oz. flaked fresh or tinned white fish. Season well with salt and pepper. Add 2 reconstituted eggs and stir over low heat until cooked. If necessary, add a little milk before serving. Dish sprinkled with chopped parsley.

Recipe No. 59

TOMATO KETCHUP

Put 12 sliced tomatoes into a stew pan with 2 chopped onions, 1 pint malt vinegar, 3 tablespoonsful sugar, 1 tablespoonful **A1** Cooking Salt, 2 teaspoonsful each of cloves, cinnamon, allspice, grated nutmeg and ½ a teaspoonful cayenne pepper. Stew slowly for 2½ hours until thick. Strain, bottle and sterilise as for fruit.

Recipe No. 60

CHEESE SLICES

Sift together 6 oz. flour, 1 level teaspoonful **A1** Cooking Salt, 1 level teaspoonful mustard, 2 or 3 shakes cayenne. Rub in 2 oz. cooking fat. Add 1½ oz. medium oatmeal, 1½ oz. grated cheese. Mix to a firm paste with reconstituted egg. Roll into an oblong ⅛ inch thick. Spread half with 2 oz. grated cheese, 1 tablespoonful dried egg, seasoning and cayenne mixed to a thick paste with about 12 tablespoonsful of milk. Fold the second half of paste over and press down. Glaze with egg. Sprinkle with cheese. Cut into fingers. Bake for 15 minutes in a hot oven (400°F.).

Recipe No. 61

OATMEAL SCONES

Sift together 6 oz. flour, ½ teaspoonful salt, 1½ teaspoonsful bi-carbonate of soda. Add 6 oz. medium oatmeal. Rub in 1½ oz. cooking fat. Mix to a soft dough with 1 egg and milk and water. Roll out about ¾ inch thick. Cut into circles. Brush with milk. Bake at 420°F. for about 20 minutes.

Recipe No. 62 **BATTER COATING FOR FRIED FISH**

Sift together 3 oz. flour, ¼ teaspoonful salt, 1 level tablespoonful dried egg, and one level tablespoonful milk. Mix to a thick batter with about 6 tablespoonsful cold milk and water. Beat well and leave to stand. Before using add ½ oz. melted cooking fat. Dip small fish fillets into the batter and fry in a little smoking hot fat. Turn the fish frequently to ensure even browning.

Recipe No. 63

PEANUT PASTRY FOR SAVOURY PIES AND PASTRIES

Sift together 6 oz. self-raising flour, 1 teaspoonful **A1** Cooking Salt and 1 tablespoonful household milk. Rub in 4 oz. pea-nut butter. Mix to a soft dough with about ¼ pint cold milk and water. Knead lightly and roll out as required. Bake in a hot oven (420°F.).

Recipe No. 64

CURRIED VEGETABLES

Cook ¾ lb. of mixed diced turnip, carrot, celery, onion, cauliflower. Drain. Add 2 oz. of cold diced potato and 2 oz. cooked haricot beans. Lightly fry a chopped onion in 1 oz. dripping. Add ½ oz. of flour and 2-3 teaspoonsful curry powder. Cook for 5 minutes. Season and mix in ½ pint vegetable liquor. Stir until boiling. Add vegetables. Heat through gently for 20 minutes. Serve with boiled macaroni or mashed potato.

Recipe No. 65

OATMEAL PORRIDGE

Sprinkle 2 oz,medium oatmeal and 1 good tablespoonful **A1** Cooking Salt into a pint of boiling water, stirring continuously. Simmer steadily for half-an-hour with a lid on the pan. Stir occasionally to prevent sticking. Serve when the meal is tender and the porridge thick.

Recipe No. 66

SCALLOPED FISH

Mix together 1 lb. cooked white fish, a good ¼ pint thick white sauce, 1 tablespoonful chopped parsley and 1 reconstituted egg. Season to taste with salt and pepper. Heat. Pour into a pie dish or scallop shells. Coat with white sauce, sprinkle thickly with breadcrumbs. Dot with a few small knobs of margarine. Brown quickly in a hot oven or under the grill.

Recipe No. 67

SOUSED HERRINGS OR MACKEREL

Behead four fish. Split open and remove backbones. Sprinkle with salt and shredded shallot. Roll up each fish from head to tail with skin side out. Pin tail down with a match stick. Place in a greased fireproof dish. Add ten peppercorns, 3 cloves, 1 bay leaf and a little shredded shallot. Half cover with 1/3rd water and 2/3rds vinegar. Cover the dish. Bake slowly for ¾-1 hour. Serve hot or cold.

Recipe No. 68

SALTY BISCUITS

Sift together 4 oz. plain flour and 1 good teaspoonful **A1** Cooking Salt. Rub in 1 oz. cooking fat. Mix to a firm paste with cold water, milk or milk and water. Knead lightly with the finger tips to an even texture. Roll out very thinly. Cut into finger strips or squares. Bake on greased baking trays in a moderately hot oven for ten to fifteen minutes until pale golden brown and crisp.

Recipe No. 69

PEANUT AND CELERY BISCUITS

Sift together 5 oz. self-raising flour, 1½ level teaspoonsful **A1** Cooking Salt, ½ teaspoonful celery salt and 1 level tablespoonful dried egg. Season with cayenne. Rub in 1 oz. cooking fat and 1½ oz. peanut butter. Mix to a firm paste with cold water. Roll out about ⅛ inch thick. Cut into small rounds. Brush lightly with beaten egg. Sprinkle with salt and bake in a moderately hot oven until golden brown—about 15-20 minutes.

Recipe No. 70

APPLE CHUTNEY

Peel, core and slice 2½ lb. cooking apples. Add 2 pints of vinegar and 2 oz. mixed allspice tied in muslin. Stew all together until the apple is tender. Add 1 lb. sugar and dissolve over slow heat. Then boil briskly for 5 minutes. Remove the spices. Add 6 oz. chopped raisins, 2 good teaspoonsful salt and ½ oz. of ground ginger. Stir well and boil for 2 minutes. Pour into hot jars and tie down with air-tight covers.

Recipe No. 71

KIPPER SAVOURIES

Bone three cooked kippers and mash the fish. Beat 1 oz. of margarine to a soft cream. Mix in the kipper. Add vinegar, salt and pepper to taste. Butter some small fingers of toast and dip each piece in finely chopped parsley. Pile kipper paste on each finger. Serve cold for a fork supper or hot in larger portions as a breakfast dish.

Recipe No. 72

CURRY STRAWS

Sift together 4 oz. of self-raising flour, 1 level teaspoonful each of curry powder, dry mustard and salt. Add a few shakes of cayenne. Rub in 1 oz. cooking fat. Add ½ oz. grated cheese, a small teaspoonful chutney and half a level dessertspoonful dried egg. Mix to a firm paste with cold water. Roll out about ¼ inch thick. Brush with egg. Sprinkle liberally with salt and a little grated cheese. Cut into small fingers. Bake on greased trays in a hot oven for 10-15 minutes.

Recipe No. 73

TURKEY OR CHICKEN BROTH

Break up the carcase of the bird. Put it in a pan with one or two onions each stuck with four cloves. Add two or three blades of mace and cold water to cover. Simmer gently for three or four hours. Strain and cool. Skim off fat. To each pint of stock add ½ oz. pearl barley, 1 tablespoonful chopped carrot, 1 dessertspoonful chopped onion and a good sprig of parsley. Add salt to taste. Simmer until the barley is tender. Serve sprinkled with chopped parsley.

Recipe No. 74

POTATO SOUP

Slice 1 lb. potatoes and ½ lb. onions. Cook them slowly for 3 minutes without browning in ½ oz. dripping. Add salt and pepper, 1½ pints stock, a good sprig of parsley and simmer steadily for about ¾ hour. Rub through a wire sieve or coarse strainer. Add 1 oz. flour mixed to smooth paste with ¼ pint milk. Stir until boiling. Simmer for 5 minutes. Serve with chopped parsley.

Recipe No. 75 **ONE POT STEW for Economy in Time, Work and Fuel**

Cut 2 lb. middle neck of mutton into neat pieces and put in a saucepan. Add 1½ lb. thickly sliced potato, 1 lb. each of sliced carrots and turnips and ½ lb. sliced onions. Add salt and pepper to taste and cold water to half cover. Bring slowly to simmering point and simmer slowly for 1-1½ hours. Serve the meat in the centre of a dish with some vegetables and gravy round. Serve extra vegetables and gravy in a separate dish. Alternatively cook in a casserole in a moderate oven and serve in casserole.

Recipe No. 76 **TO PRESERVE LARGE CUCUMBERS**

Quarter the cucumber lengthwise and cut into neat cubes. Place in an earthenware bowl in layers with dry **A1** Cooking Salt. Leave for 24 hours, stirring occasionally with a wooden spoon. Drain well. Pack into clean jars and cover with spiced vinegar. Cover the jars with non-metal caps.

TO PRESERVE SMALL CUCUMBERS

Choose cucumbers of equal size. Place them in a saucepan and cover with brine, prepared by dissolving half a pound of **A1** Cooking Salt to three pints of water. Bring to simmering point and simmer for 10 minutes. Drain well and leave until cold. Pack into jars and cover with spiced vinegar. Cover the jars with non-metal caps or with lacquered metal caps.

The following method is rather more complicated, but gives a better colour preserve.

Soak for three days in brine. Drain off the brine, and repeat, using fresh brine, for another three days. Drain and soak in clear water with alum in the proportion of one dessertspoonful of alum to 2 quarts of water. Continue soaking for six hours. Drain well and simmer for 10 minutes in spiced vinegar. Pack into hot jars and cover with hot vinegar. Cover down when cold.

In these recipes the cucumber can be used, peeled or unpeeled according to taste.

Recipe No. 77

LENTIL SOUP

Put 4 ozs. washed lentils in a pan with a large sliced onion, a carrot and a small turnip. Add seasoning, a small bunch of herbs and a quart of water or white stock. Simmer gently until tender. Rub through a wire sieve or colander. Blend 1½ oz. flour with ¼ pint of milk. Add it to the boiling soup. Stir until boiling. Simmer for 5 minutes.

Recipe No. 78

MIXED VEGETABLE SOUP

Slice 8 oz. potatoes, 12 oz. carrots, 12 oz. turnips, 8 oz. onions and a small piece of parsnip. Cook in a saucepan in 1 oz. melted dripping for 5 minutes, without browning. Add 3 pints of vegetable stock, **A1** Cooking Salt, pepper and a small bunch of herbs. Simmer until tender. Rub through a fine wire sieve. Re-heat before serving.

Recipe No. 79

CELERY CREAM SOUP

Wash and slice one large head of celery and a small onion. Stew until tender with salt and pepper and a small bunch of parsley stalks in 1½ pints of white stock. Sieve. Bring to the boil. Add a good ounce of flour blended with ¼ pint of milk. Stir until boiling. Simmer for three minutes.

Recipe No. 80

TOMATO SOUP

Slice into a saucepan 2lb. fresh tomatoes, 1 carrot, 1 onion. Add a small bunch of fresh herbs, salt and pepper and a pint of white stock or water. Simmer until tender. Rub through a fine wire sieve. Bring to the boil. Add 1½ oz. flour blended with a little stock or water. Stir until boiling. Simmer for 3 minutes. Add ¼ pint of milk and a little sugar to taste. Re-heat but *do not boil.*

Recipe No. 81

TO BOTTLE PEACHES

Choose sound, ripe fruit. Cut each peach in half and remove the stone. Pack the halves, cut side down, as closely as possible in bottling jars. Cover to the brim with cold syrup. (3-4 oz. sugar dissolved in each pint of water.) Cover jars with bottling seals. Stand in steriliser with cold water to cover jars. Bring to 170°F. in 1½ hours. Maintain temperature for 10 minutes. Lift jars on to a non-metal surface. Test for seal when cold.

Recipe No. 82

TO STORE NUTS

Gather the nuts *ripe.* (Under-ripe ones will wither during storage.) Remove sheath. Rub the shells perfectly clean with a dry cloth. Spread the nuts on wire trays and leave to dry at normal room temperature until the kernels rattle when the nuts are shaken. Store in jars or tins in a dry place. From walnuts remove all traces of sheath and fibre by scrubbing with a stiff dry brush. Dry as above. Store in layers in crocks with sawdust or coconut fibre between each layer.

Recipe No. 83

TO STORE MARROWS & PUMPKINS

Allow them to ripen on the plants, but cut before the first frosts. Rub them clean and dry with a cloth. Seal the cut stalk with sealing wax. Fix two bands of tape round each marrow and sling them under a shelf in a cool place where they will not touch anything and cannot be bumped. Treat small pumpkins in the same way. If too heavy to hang, stand on a thick bed of straw on raised wooden slats.

Recipe No. 84

STUFFED BAKED LIVER

Skin and trim ½ lb. sliced liver. Soak for 10 minutes in cold salt water. Drain well. Make a stuffing with 3 tablespoonsful breadcrumbs, 2 teaspoonsful chopped parsley, 1 level tablespoonful chopped onion, 1 teaspoonful Worcester sauce, salt and pepper and a little milk to mix to a firm paste. Spread liver with stuffing and sprinkle with a little chopped bacon (optional). Bake in a greased dish until tender (30-45 minutes approximately) with stock or water to half cover the liver. Thicken the liquor with a little blended flour and serve with baked tomatoes or chopped spinach.

Recipe No. 85 MEAT PASTIES

Roll out 8 oz. short pastry and cut into 6-8 circles. Mince ¼ lb. undercooked beef. Add salt and pepper, one small chopped onion, and one diced cooked potato. Moisten with a little thick brown sauce. Pile filling on pastry. Brush edge of pastry with milk or egg and press edges firmly together. Glaze with egg. Bake in a hot oven for half an hour. Serve hot or cold.

Recipe No. 86 SEAMAN'S PIE

Dice 1 lb. lean stewing steak, 1 carrot, 1 turnip, 2 onions, 3 sticks celery. Roll steak in seasoned flour. Put all in a casserole with water to three-quarters cover. Sprinkle in a little salt. Cover the dish and cook in a moderate oven until tender (1½-2 hours). Rub 2 oz. dripping into 6 oz. self-raising flour. Add 1 level teaspoonful **A1** Cooking Salt. Mix to a firm dough and roll out to fit the casserole. Cook on top of meat for the last ½ hour of cooking time.

Recipe No. 87 ROLLMOPS

Clean some Fresh Herrings and remove the heads. Soak in cold brine for 12 hours. Fillet the fish. Stuff with shredded raw onion and salt. Roll up tightly. Pack in earthenware or glass jars, with a few chillies, bay leaves and peppercorns. Cover with vinegar. Cork jars closely and leave at least 14 days before using. Use as required, but be careful always to keep the fish covered with vinegar.

Recipe No. 88 FISH CAKES

Skin, bone and flake finely, 6 oz. cooked white fish. Add 4-6 oz. cooked sieved potato, 1 good teaspoonful chopped parsley, salt and pepper, and enough white sauce to bind to a very firm paste. Shape into 10 flat cakes. Coat in a little milk and browned breadcrumbs. Bake in a hot oven. Serve with parsley sauce.

Recipe No. 89 FISH MOULD

To 8 oz. finely flaked, raw white fish add 3 good tablespoonsful of bread-crumbs, 3 tablespoonsful thick white sauce, flavoured with anchovy essence, 1 egg, salt and pepper. Mix thoroughly. Turn into a well-greased basin. Cover with greased paper. Steam for 30-40 minutes. Serve with fish or parsley sauce.

Recipe No. 90 SOFT HERRING ROES

Rinse the roes in salted water. Put them in a small saucepan with a small knob of margarine and milk to cover the bottom of the pan. Stew very gently for about two minutes. Thicken with a little blended flour or with the yolk of an egg. Add salt and pepper to taste, and a squeeze of lemon juice (when available).

Recipe No. 91 HERRINGS MAITRE D'HOTEL

Split the herrings open and remove the back-bones. Sprinkle with salt and pepper, a few drops of vinegar and some tiny knobs of margarine. Grill for about 5 minutes. Just before serving sprinkle liberally with chopped parsley, and, if liked, a little lemon juice or vinegar.

Recipe No. 92 TO GRILL WHITE FISH

Choose fillets, thinly cut steaks or small whole flat fish. Brush sparingly with melted fat. Sprinkle with **A1** Cooking Salt. Place on a greased grid. Grill *slowly* on both sides until the fish looks opaque and a skewer can be passed easily through.

Recipe No. 93 TO GRILL SALMON STEAKS

Rub salt and pepper into the fish. Brush with melted fat. Wrap in well-greased grease-proof paper. Place on a greased grid and grill very slowly on both sides until a skewer can be passed easily through to the bone. A 1½ inch thick steak needs about 6 minutes on each side.

Recipe No. 94

TO COOK CHICORY

Wash thoroughly in cold salt water. Blanch for three minutes in boiling water. Drain. Put the heads in a well-greased casserole with salt, a squeeze of lemon juice and a little water or white stock. Cover the dish and cook in a moderate oven until tender (about 1 hour). Turn the chicory once or twice during cooking. Serve plain with the liquor, with a white sauce or with melted butter.

Recipe No. 95

BRAISED CARROTS

Leave young carrots whole ; quarter old ones lengthwise. Fry lightly in a little dripping or margarine. Turn into a casserole. Sprinkle with **A1** Cooking Salt and chopped parsley. Add very little boiling stock or water. Cover the dish and cook in a moderate oven until tender. Serve sprinkled with chopped parsley.

Recipe No. 96 **NEW GREEN PEAS, FRENCH STYLE**

Put some washed, damp lettuce leaves in the bottom of a fireproof dish. Add the shelled peas, a little salt, a small sprig of mint and a few small knobs of margarine. Cover with several coarse lettuce leaves and put a lid on the dish. Cook in a fairly hot oven until tender. Remove the top leaves and the mint before serving.

Recipe No. 97 **DROPPED SCONES, OR SCOTCH PANCAKES**

Sift together ½ lb. plain flour, 1 level teaspoonful **A1** Cooking Salt, 2 good teaspoonsful baking powder and a dessertspoonful of sugar. Mix to a thick batter with half an egg (fresh or re-constituted) and a good gill of milk or milk and water. Have ready a hot gridle or a thick frying pan. Rub it over with a piece of fat. Drop the batter on in spoonsful and cook quickly until bubbles appear. Turn with a knife and cook the second side. Serve hot or cold with butter.

Recipe No. 98

SULTANA SCONES

Sift together ½ lb. plain flour, 3 good teaspoonsful of baking powder, 1 level teaspoonful **A1** Cooking Salt, 2 teaspoonsful of sugar. Rub in ½ oz. lard. Add 1-2 oz. of sultanas. Mix to a firm dough with about ¼ pint of milk or milk and water. Roll out quickly about ¾ inch thick. Cut in triangles or rounds, and bake in a hot oven for about 10-15 minutes. (If sour milk is used omit 1 teaspoonful of baking powder.)

Recipe No. 99

MARROW CHUTNEY

Cube enough peeled marrow to weigh 4 lbs. Add 2 lbs. peeled, chopped apples, 2 oz. **A1** Cooking Salt, ¼ teaspoonful cayenne pepper, ½ lb. chopped onions, 1 lb. mixed dried fruit, 1 level teaspoonful grated nutmeg, 6 bay leaves and a quart of vinegar. Mix well and leave soaking overnight in an earthenware bowl. Turn into a preserving pan and simmer until tender. Add 1 lb. of sugar and 2 tablespoonsful lemon or lime juice. Simmer until thick. Bottle and cover down hot.

Recipe No. 100

BEEF OR MUTTON HASH

Melt an ounce of dripping in a saucepan. Add 3 sliced medium-sized onions. Fry until lightly browned. Add 1 oz. of flour and continue frying until well browned. Add salt and pepper, a teaspoonful of meat extract, and a good ½ pint of stock or water. Stir until boiling, add sliced lean beef or mutton, and heat through gently for about five minutes. Serve with boiled potatoes and carrots or greens.

Recipe No. 101

HAMBURG STEAKS

To 8 oz. of lean raw minced stewing steak add 1 oz. flour, 1 teaspoonful mixed herbs, salt and pepper, and a tablespoonful of finely chopped fried onion. Mix thoroughly and shape into 4 flat cakes on a well-floured board. Fry lightly on both sides. Put in a fire-proof dish with a little boiling stock or water. Cover and cook gently in the oven for about 1½ hours. Serve with tomato or brown sauce.

Recipe No. 102

CASSEROLED SHEEP'S HEARTS

Clean four hearts and soak them in salt water for half an hour. Dice 2 carrots, 2 onions and 1 turnip. Put them in a casserole with **A1** Cooking Salt, pepper and a bunch of herbs. Lay the hearts on top. Half cover with stock or water. Cook slowly for about two hours. Remove the herbs. Thicken the liquor with blended, browned flour. Serve with boiled potatoes.

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